

## **Ballarat Health Services (BHS) supports, respects and encourages a parent's informed choice of infant feeding.**

This is a summary of the BHS Breastfeeding Policy. The complete Breastfeeding Policy is available on request — please ask a staff member for a copy.

This information refers primarily to healthy mothers and healthy, full term, newborn babies.

### **Useful contacts:**

**The Australian Breastfeeding Association (ABA) 24 hour helpline**  
Ph. 1800 686 268  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

**Ballarat Health Service Breastfeeding Clinic**  
Ph. 53204977 / 53204533

**Parent Place Breastfeeding Support**  
Cnr Sturt and Albert Streets, Ballarat Central  
Ph. 53204977 / 53206871  
or drop in Thursdays 1300-1500

**Ballarat Health Service Maternity Unit**  
Ph. 53204971

**24 Hour Maternal and Child Health Advice Line Ph. 132229.**



**Breastfeeding Service 2020  
Catalogue Number 730253**

# **Ballarat Health Services Supports Breastfeeding**



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## We:

- Give pregnant women, mothers and their families clear and factual information about the importance of breastfeeding and how to breastfeed.
- Support, advise and assist parents and provide the most up-to-date information about infant feeding.
- Support active labour and birth, and encourage practices to help with comfort and non-pharmacological pain relief during labour.
- Encourage women to choose their own support people and a position of comfort for birth unless there are medically indicated restrictions.
- Place newborn babies skin-to-skin with their mother straight after birth to allow early breastfeeding instincts to develop.
- Keep mothers and babies together from birth so they can develop a natural pattern of breastfeeding.

***BHS is an accredited Baby Friendly Health Initiative (BFHI) health service and complies with the 'Ten Steps to Successful Breastfeeding'.***



- Do not give infant formula to breastfed babies unless there is a medical need and a parent has given consent.
- Avoid giving teats or dummies to newborn breastfed babies.
- Teach mothers how to express and store their breast milk and how to keep up their supply of breast milk if separated from their baby.
- Provide all pregnant women and mothers with information about how to access mother-to-mother peer support for breastfeeding.
- Provide professional breastfeeding support services, and refer mothers to them if required when they leave hospital.
- Provide support to our own staff who are breastfeeding after returning to work.
- Teach parents of formula fed babies how to prepare and use infant formula.